

WELLNESS CENTER CALENDAR OF EVENTS

All Wellness Center events will be held at: 19181 Town Center Dr. Apple Valley, CA 92308


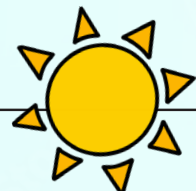
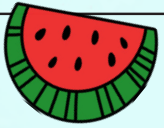
Please be sure to RSVP for classes and Doc Talks. We have limited space for these classes.

Call Member Services to RSVP 760-381-8083.

JULY 2023

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2 	3 9:00am-11:00am Free Health Screenings	4 Independence Day Offices Closed	5 9:30am Chair Yoga 10:30am Mat Yoga 1 12:00pm Movie Day	6 	7 9:00am Tai Chi 10am Guided Meditation 11:00am Low Impact Exercise	8
9	10 9:00am-11:00am Free Health Screenings	11 1:30pm Knitting & Crocheting Club	12 9:30am Chair Yoga 10:30am Mat Yoga 1	13 	14 9:00am Tai Chi 10am Guided Meditation 11:00am Low Impact Exercise	15
16	17	18 1:30pm Knitting & Crocheting Club	19 9:30am Chair Yoga 10:30am Mat Yoga 1 12:00pm Movie Day	20 1:00pm Diabetes Support Group 6:30pm Medicare 101	21 9:00am Tai Chi 10am Guided Meditation 11:00am Low Impact Exercise	22
23	24	25 1:30pm Knitting & Crocheting Club	26 9:30am Chair Yoga 10:30am Mat Yoga 1	27 10:00am African Violet Planting Club	28 9:00am Tai Chi 10am Guided Meditation 11:00am Low Impact Exercise	29
30	31					

AUGUST 2023

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
6 	7 9:00am-11:00am Free Health Screenings	8 1:30pm Knitting & Crocheting Club	9 9:30am Chair Yoga 10:30am Mat Yoga 1 12:00pm Movie Day	10 	11 9:00am Tai Chi 10am Guided Meditation 11:00am Low Impact Exercise	12
13	14 9:00am-11:00am Free Health Screenings	15 1:30pm Knitting & Crocheting Club	16 9:30am Chair Yoga 10:30am Mat Yoga 1 12:00pm Movie Day	17 1:00pm Diabetes Support Group 6:30pm Medicare 101	18 9:00am Tai Chi 10am Guided Meditation 11:00am Low Impact Exercise	19
20	21	22 1:30pm Knitting & Crocheting Club	23 9:30am Chair Yoga 10:30am Mat Yoga 1	24 10:00am African Violet Planting Club	25 9:00am Tai Chi 10am Guided Meditation 11:00am Low Impact Exercise	26
27	28 	29 1:30pm Knitting & Crocheting Club	30 9:30am Chair Yoga 10:30am Mat Yoga 1	31		